

1 | Sport-Thieme Training Aids

A modular system that offers numerous options with just a small number of parts. For use in nurseries, schools and recreational sports activities as well as for high-performance training. A bar, a base and a swivel bracket are the core parts. The base guarantees a high degree of stability. The swivel bracket can be set at any

height on the 158-cm bar. The horizontal bar can be clamped in the bracket or can simply be rested on it. The bracket can be rotated by 360 degrees into any position. **Each training aid consists of:** 2 bases with 2 holding bars, 2 swivel brackets, 1 horizontal bar.

71 143 7212

Each

2 | Base

ø 20 cm, 11 cm high, with hoop holders.

71 143 7401

Each

3 | Holding and Horizontal Bar

150 cm long.

71 143 7427

Each

4 | Swivel Bracket

71 143 7414

Each

Accessories

5 | Bracket Ladder

With 6 supports. Bars can be placed every 5 cm. Made from robust plastic. Bars not included.

71 143 7469

Pair

6 | Sport-Thieme Training Aid Set

A great set for schools and nurseries too. With hoops for crawling through or for practising throwing. Set includes:

- 5 training aids, 1
- 5 plastic gymnastics hoops, ø 70 cm

71 143 7225

Set

Set



7 | Set of Cone Hurdles

Ideal for football clubs and schools – plenty of different uses. Set includes:

- 12 marking cones, in yellow (H: 30 cm) or red (H: 50 cm), each with 12 holes for individual height adjustment

- 6 yellow or red gymnastics bars, L: 1.20 m, ø 25 mm

30-cm-tall cones, yellow

71 130 0970

18-piece set

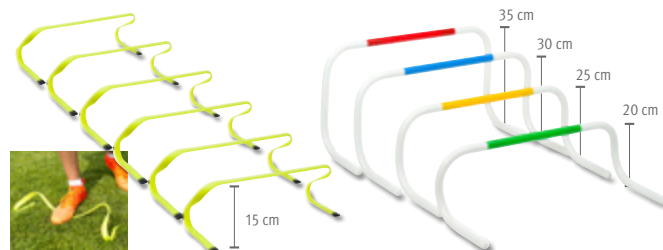
50-cm-tall cones, red

71 277 4709

18-piece set



Base 5 | with a slot to hold objects such as gymnastics hoops



8 | Set of 'Flex' Hurdles

Practical 1-piece design – the training hurdles impress thanks to their very stable, flexible and durable material. The light weight of these hurdles makes them easy to store in hand luggage. Ideal for coordination and speed training. LxWxH: 45x15x15 cm, each hurdle weighs 140 g, yellow.

71 276 0605

Set of 6

9 | Set of 'Return' Mini Hurdles

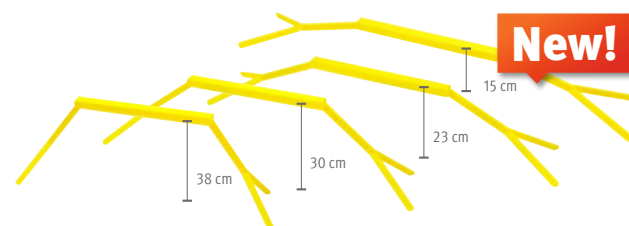
Excellent for use in hurdle, coordination and jump-strength training. If a hurdle is knocked over, it automatically resets itself. For indoor and outdoor use.

The set includes:

- 4 training hurdles one of each height: approx. 20, 25, 30 and 35 cm, and approx. 60 cm wide.

71 280 3601

4-piece set



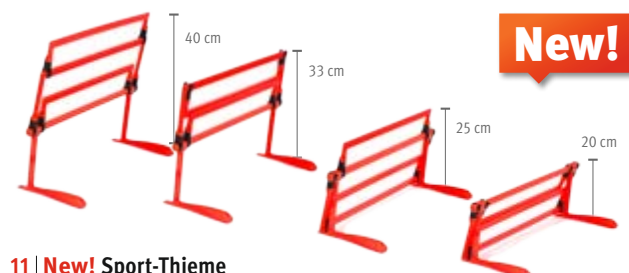
10 | New! Set of Hurdles with 5 Height Settings

Set of 5 hurdles – ideal for jump, speed and coordination training. Suitable for indoor and outdoor use. Each hurdle can be set to five different heights: 15 cm, 23 cm, 30 cm, 38 cm or 46 cm. Folding mechanism for easy height adjustment. Incl. practical carry bag. Made of polypropylene, LxWxH (folded): approx. 49x4x3.5 cm.

71 280 7401

Set of 5

✓ Adjustable to 5 different heights



11 | New! Sport-Thieme Mini Training Hurdle

Mini training hurdle with 4 height settings. For use as a training aid for football, but also for running, jumping, sprinting and coordination exercises. Can be set at: 20, 25, 33 and 40 cm. Made of strong, shockproof plastic. 48 cm wide. Suitable for indoor and outdoor use. Orange.

71 293 4307 Individual

Each

71 293 5108 Set of 6

Set

✓ Adjustable to 4 different heights

